

# Walsall Public Health and wider support services - a life course guide

For wider support and access to voluntary and community sector services, search or [visit the Walsall Wellbeing Directory](#).

For wider council services [visit the Walsall Council website](#), contact 01922 650000 or [visit your local Walsall Connected hub](#) for help to get online.

## Health Visiting Service for 0-5s

01922 603074

## HENRY - healthy eating programme for families (0-12 years)

[www.henry.org.uk](http://www.henry.org.uk)

## Walsall Family Hubs

[www.walsallfamilyhubs.co.uk](http://www.walsallfamilyhubs.co.uk)



## Infancy and early years

**Be Well Walsall** - smoking, weight and health check support | 01922 444044

**The Beacon - Change Grow Live - alcohol and drug services** | 01922 669840

**Walsall Integrated Sexual Health (WiSH)** | 01922 270400

**Walsall Council services** (Walsall Leisure, Healthy Spaces)

**Diabetes prevention programme**

**Mental health and wellbeing support** (visit [Black Country Healthcare NHS](#)

[Foundation Trust](#) and [Walsall Council's wellbeing web pages](#))

**Gambling support services - Aquarius** | 0300 456 4293



## Young adulthood

## NHS immunisations and screening

## Pregnancy

**NHS Healthy Start - help to buy healthy food and milk (0-4 years)**

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Walsall Health in Pregnancy**

01922 423252

**Walsall Stop Smoking in Pregnancy**

01922 270477



## Childhood and adolescence

**Black Country Moving - physical activity finder**

[blackcountrymoving.activityfinder.net](http://blackcountrymoving.activityfinder.net)

**Food for Life Walsall**

Children and Families Healthy Eating Programme

**School Nursing** | 01922 423349

**POP Walsall** - health for 15-25 year olds

[www.popwalsall.co.uk](http://www.popwalsall.co.uk)



## Older adulthood

**NHS Health Checks**

For 40-74 year olds with no pre-existing conditions

**Making Connections**

**Walsall** - loneliness and isolation support



Many of the services can be accessed by residents within a range of different age groups.